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**BUS STATION UPDATE
DETAILS ON PAGE 3**

Capital Times

Cardiff Council Issue 169 January 2015



• INTERNATIONAL COLOURS: Pupils at St Cuthbert's Roman Catholic Primary School in Butetown travelled around the world in one day from the comfort of their classrooms when they held an International Day recently. The day was organised to celebrate the cultural diversity of the school – there are 22 different languages spoken by the pupils there and it was a chance for children to dress in traditional national costumes and tell others about their language, religion and culture.

Cardiff needs YOU to step up!

PUBLIC services are changing and the City Council is calling on the people of Cardiff to step up and support us in finding solutions to the challenges we face.

Due to continued financial pressures facing the local authority including a budget shortfall of £48m for 2015/16, the Council is looking to change the way we deliver services by exploring new ways of working and supporting communities' and partners' capacity to deliver services and manage assets themselves.

For support groups and communities to do this, the Council and its partners have developed a toolkit called

'Stepping Up', which offers useful guidance and sources of further information to assist the process.

The toolkit was launched as part of the citywide engagement exercise on a range of budget proposals that began in November 2014 and runs until midday on January 12. The city council budget will then be agreed in February.

A number of community engagement events have been held across the city for people to air their views and there is still time to have your say on the proposals by completing the online questionnaire at www.cardiff.gov.uk/budget, picking up a

hard copy of the consultation document at hubs, libraries and leisure centres or by engaging on social media using the hashtag #cdfbudget

Leader of the City of Cardiff Council, Councillor Phil Bale, said: "Stepping Up is about involving people in meeting the challenges we face.

"Community organisations have been at the heart of local service delivery for decades and right now, the city really needs people to step up, make a difference and play a greater role in supporting services in their area."

The Stepping Up Toolkit is an easy to read guide to

the process of applying to take over the management of a 'community service' or 'asset' formerly run by a public body in the Cardiff area. It also contains information, resources and references to other organisations that might help individuals or groups looking to deliver a service or retain a community building facing closure.

Community organisations have a long tradition of managing multi-purpose community buildings and many have gone through the process of developing and managing services and assets in an extensive range of different ways, for

example, the South Riverside Community Development Centre whose story is told in the Stepping Up tool kit.

Councillor Bale added: "As a Co-operative Council, we are committed to working with people, empowering communities to get involved in providing services or running local facilities that meet their needs and helping to deliver a fairer Cardiff."

To have your say on the budget proposals or to download a copy of the 'Stepping Up' toolkit, visit www.cardiff.gov.uk/budget

See p2 inside: Delivering services differently at Adamsdown Day Centre.



NEWS



Insole Court funding - Page 5

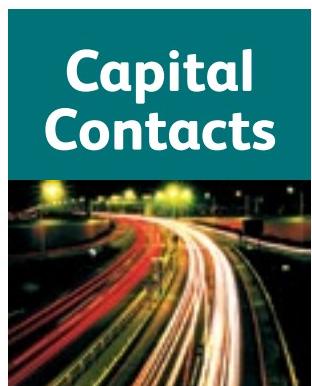


Christmas fun in North Ely -
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You can also e-mail us at capitaltimes@cardiff.gov.uk

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A day in a life

The latest in a regular series looking at jobs carried out by people who make a difference in the city. This month, Adamsdown Day Centre secretary, **Angela Parry**, talks to Capital Times about her role and the centre's recent success in securing a £50,000 cash boost from The People's Millions, a partnership between the Big Lottery Fund and ITV, where the public help decide which community projects benefit.



I'VE been involved as a volunteer in the day centre for 12 and a half years. I'm the secretary and I help out as and when I'm needed.

The original day centre started 40 years ago but 12 and half years ago the people running the centre at the time gave it up as they were getting older themselves. Our vicar at St German's Church at the time saw that there was a need for the elderly to have somewhere to go. The day centre is linked to the church and Communities First in the area.

Between 30 and 35 pensioners come here each day. My daughter, Marisa, and my granddaughter, Lisa-Marie, do the cooking here and we provide cake or toast and a drink when people arrive, a two course meal at lunchtime and cake and a drink in the afternoon before they leave. People come here

for company, that's the important thing. They think of us as their 'other family'.

We have lots of activities going on - bingo is a must, Communities First arrange a speaker to come in every week, an aromatherapist comes in, a hairdresser, a chiropodist and so on.

Until March 2014, we received funding from the Council but that was withdrawn and we were facing closure after Christmas. We continued to receive a lot of support from the Council, officers stayed in touch and pointed us in the direction of organisations that could help like the Cardiff Third Sector Council. The Council also helped us raise the profile of our People's Millions appeal. Winning the People's Millions took a lot of time and energy. The pensioners didn't know if they would be able to come back after Christmas but

the whole community got behind us and we did it.

"When we found out that we had been successful with the funding, the pensioners were crying tears of joy.

"We have got some breathing space now. We know that the £50,000 is not going to keep us going forever, but we should be ok for at least a year. We have to look at ways to make ourselves self-sufficient. One of the first things we are going to do is seek charity status and reconstitute the committee.

"It's important for people who find themselves in the same position as we were, with their funding being withdrawn, to look to their community. That's where the strength is. It's important for people to come together. We had the total support of the community of Adamsdown, 100 per cent.

"We have lots of ideas of

how we can improve the service. We already provide some meals to pensioners who are ill and can't make it in so in the New Year, we will look to extend that."

In order to help people or groups interested in helping deliver services or take over the running of suitable Council buildings, the Council has created the Stepping Up Community Support Toolkit which is available at www.cardiff.gov.uk/budget

If you would like to express an interest in getting more involved in managing services or assets please complete our Community Involvement Survey, available at www.cardiff.gov.uk/budget

If you would like further information about Adamsdown Day Centre, please contact Marisa Parry on 029 2048 2899.



Cardiff makes a stand against domestic abuse

THE City of Cardiff Council has recently been awarded White Ribbon status, making a stand against domestic abuse against women.

The White Ribbon campaign is the world's largest male led movement to end men's violence against women and sees supporters wearing white ribbons.

Every year in the UK more than one million women suffer domestic abuse and more than 360,000 are sexually assaulted. Although abuse against women is disproportionately higher, anyone can be affected by violence and abuse.

Domestic violence statistics show that 70 per cent of incidents result in injury and on average, two women in England and Wales are killed by a partner every week.

Cardiff has a longstanding successful track record in responding to domestic violence. Cardiff Woman's Safety Unit (WSU) was the first one of its kind to be established in the UK in 2001 and their pioneering work in 2003 developed domestic violence risk assessments which are now used as best practice across the UK.

Cabinet Member for Safety, Engagement and Democracy and Cardiff Council's Domestic Abuse champion, Councillor Daniel De'Ath, said: "The White Ribbon campaign aims to encourage men and boys to support our zero tolerance approach to domestic violence against women. We will be encouraging others to sport a white ribbon and to make a pledge to never commit, condone or remain silent about violence against women in any form."

If you or someone you know is experiencing abuse, you can seek help and support from the 24hr Wales Domestic Abuse and Sexual Violence Helpline 0800 80 10 10. You can also make your pledge online at <http://www.whiteribboncampaign.co.uk/makepledge>

Committee Dates - January 2015

Tuesday, January 6.
Licensing Committee.
10.00am, Committee Room 1, County Hall.

Tuesday, January 6.
Public Protection Committee.
10.30am, Committee Room 1, County Hall.

Tuesday, January 6.
Policy Review and Performance Scrutiny. 4.30pm, Committee Room 4, County Hall.

Wednesday, January 7.
Community and Adult Services Scrutiny. 4.30pm, Committee Room 4, County Hall.

Thursday, January 8.
Economy and Culture Scrutiny. 4.30pm, Committee Room 4, County Hall.

Wednesday, January 14.
Planning Committee. 2.30pm, Committee Room 4, County Hall.

Thursday, January 15.
Constitution Committee. 5.30pm, Committee Room 1, County Hall.

Monday, January 19.
Audit Committee. 2.00pm, Committee Room 4, County Hall.

Tuesday, January 20.
Environmental Scrutiny. 4.30pm, Committee Room 4, County Hall.

Thursday, January 22.
Cabinet. 3.30pm, City Hall.

Tuesday, January 27.
Standards and Ethics Committee Planning Committee. 4.30pm, Committee Room 4, County Hall.

Thursday, January 29.
Full Council*. 4.30pm, City Hall.

* Visit the Council's webcasting site to view Full Council meetings live or archived webcasts at www.cardiff.gov.uk/webcasting.

These dates are correct at time of going to press, however changes can occur due to unforeseen circumstances. If you wish to attend any of these meetings, details may be confirmed with Committee & Members Services at County Hall on 029 2087 2020.

Delivering a world class transport hub

CARDIFF'S new bus station - part of the new Central Transport Hub - will be built north of the existing railway line.

Almost 70 per cent of people who responded to the recent engagement exercise endorsed the vision for the location of the new bus station on the Marland House/NCP car park site.

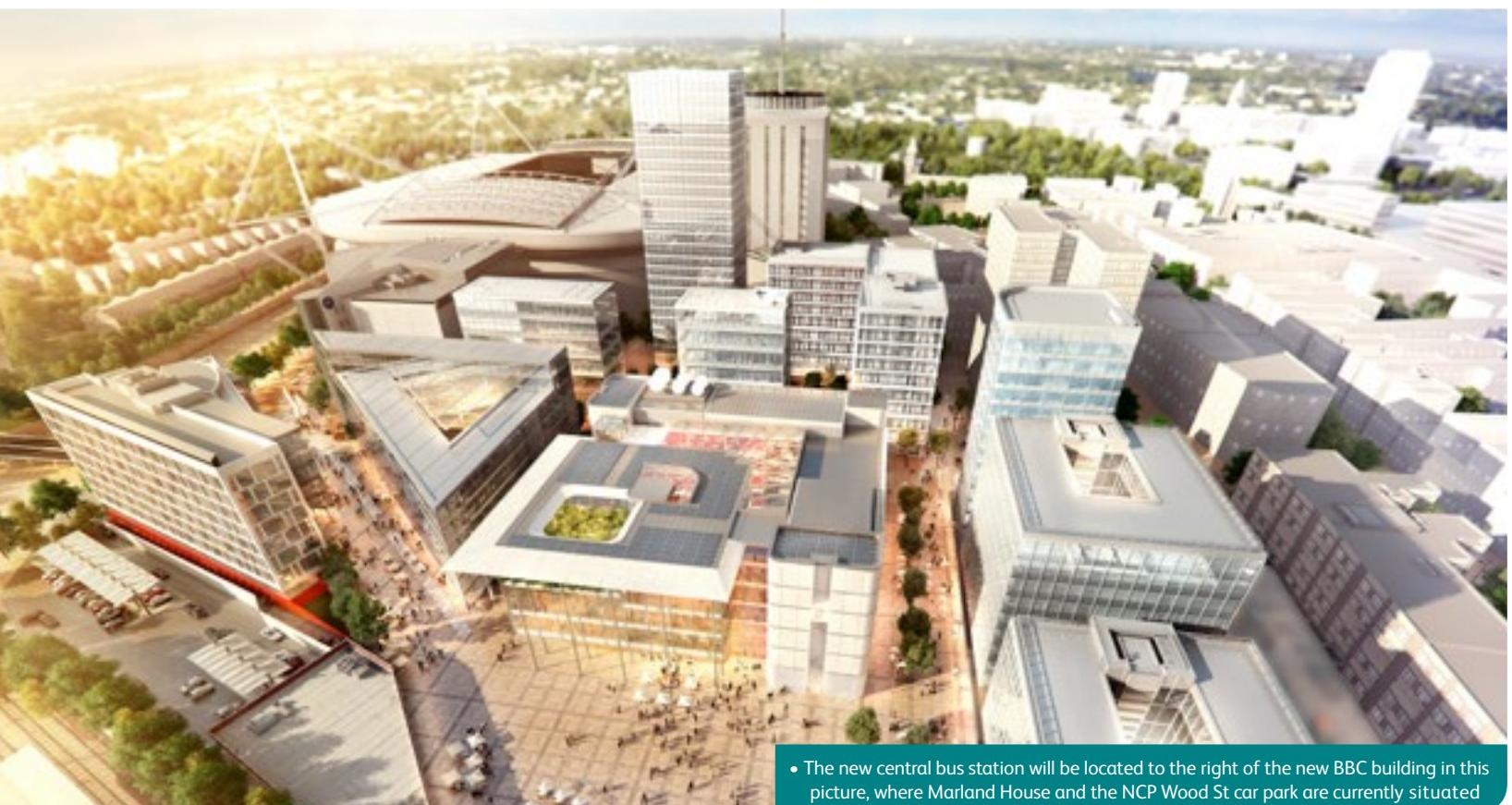
The City of Cardiff Council's Cabinet has given the green light for work to continue with transport operators and providers to bring forward a detailed design and financial plan for approval by April 2015.

The New Transport Hub will act as a catalyst for investment in this area of the city, and follows the announcement by BBC Cymru Wales that they will relocate their headquarters from Llandaff to Central Square.

The new bus station is proposed to be built and operational by December 2017. The new bus station will utilise space, will be more efficient and able to accommodate all existing services, as well as having the ability to increase services by more than 15 per cent as the city continues to grow.

The Council is committed to putting additional infrastructure in place for bus operators and users to manage the transition during the two and a half year construction programme.

Up to £500,000 has been allocated to provide additional capacity including works already completed on Westgate



• The new central bus station will be located to the right of the new BBC building in this picture, where Marland House and the NCP Wood St car park are currently situated

Street, Custom House Street and Churchill Way. Over the coming months, work will take place to provide additional on-street infrastructure for the bus network while the contingency arrangements are in place, including a new driver facility close to St Mary's Link, enhanced bus stops on Lower St Mary Street, additional facilities in Wood Street, Havelock Street, Lower Westgate Street and Lower St Mary Street.

A detailed communications

campaign will be launched to ensure passengers are aware of the interim arrangements and to keep the city moving.

Councillor Ramesh Patel, Cabinet Member for Planning and Sustainability, said: "This strategic development will transform how public transport is delivered in this city, and I am pleased to announce that the development is on schedule, and the contingency arrangements will be in place by the time that the bus station will close in June

2015. The city is used to hosting prestigious events and has used this experience to design an adequate contingency plan for buses while there isn't a central bus station.

"The benefits of having the new development north of the existing railway line are considerable, faster bus times for the majority of bus services, less land constraints, more cost effective, better access for pedestrians, delivered quicker than the alternative site and

the location has been endorsed by the public through the consultation.

"The footprint for the new bus station has been assessed in detail and the Council will ensure that additional capacity is in place to cater for increased demand."

Councillor Phil Bale, Leader of the City of Cardiff Council, said: "The new Transport Hub will provide a world class gateway into the city, interlinking travel by train and bus, as well as

providing pick up and drop off areas ensuring easy access for cyclists, taxis and pedestrians. This is an exciting development and a key priority for this Council which will significantly improve journey times, make public transport more viable and a more enjoyable experience for all.

"This investment is essential for Cardiff, and will improve public transport in and around the city, to Cardiff Airport and the South Wales Valleys."

Benefiting the communities of Riverside and Grangetown

THE former Clare Road Transport Depot is set to be transformed into a quality community facility for the residents of Riverside and Grangetown.

The Grade 2 listed building is being sold to TSheds Developments Ltd to deliver a self sustainable urban arts centre and business hub. The scheme proposed will generate up to 300 jobs and provide dance studios, an art gallery, cafes, bars, and a restaurant in the arts centre; as well as 29 live/work units, 15 business development units, office and studio facilities and meeting and conference facilities.

Councillor Phil Bale, City of Cardiff Council Leader, said: "The Council is reviewing all

Leader's Message



I'M happy to say that Cardiff had much to be proud of in 2014. The capital was crowned the UK's most liveable city - knocking Bristol off the top spot - and Britain's

best city to be young. The simple fact is people love to live in Cardiff and we are projected to be the UK's fastest-growing major city over the next 20 years.

While Cardiff's growing population is a sign of our success, we will need to make sure that we plan our city, and our public services, for the future to ensure that we protect the very thing which makes our city great - the quality of life of our residents.

Everybody knows that the financial landscape for public services has changed dramatically. The Council alone has had to find more than £85m in budget cuts

over the past three years. Next year we will need to find a further £48m. Over the next three years, the figure will be around £124m so there can be

no doubt that the way we deliver public services will need to change.

Improving the performance in our city's schools will remain one of our main priorities in 2015. We will also carry on our work looking at ways in which the City Council, public and third sectors and volunteers can collaborate to maintain and improve services.

Looking to 2015, while we do face challenges, I'm

convinced it will be another bright year for Cardiff. We can look forward to the opening of a new Ice Rink in Cardiff Bay, work starting on the Eastern-Bay link, the opening of the Pinewood Film Studios and the city hosting a number of Rugby World Cup games.

Finally, a big thank you to everybody who works hard to make Cardiff one of the best cities in the world. I'm looking forward to working with you all to make our city even better in 2015!

Happy New Year.

Councillor Phil Bale
Leader of the City of Cardiff Council

Special New Year offer from Cardiff Cycle Workshop

CARDIFF Cycle Workshop is celebrating its move to new premises in Gabalfa Industrial Estate by offering every customer who brings a copy of Capital Times along £10 off an adult's bike and £5 off a child's bike for sale at the shop.

The organisation moved to its Gabalfa site in the autumn and is going from strength to strength with the City Council providing a steady stream of old bikes collected at our Household Waste and Recycling Centres (HWRC) for refurbishment and resale.

Councillor Bob Derbyshire, Cabinet Member for Environment attended the opening of the new premises and is an enthusiastic supporter of this venture.

He said: "I'm delighted Cardiff Cycle Workshop has expanded its operation as

they do fantastic work. By turning discarded bikes into roadworthy cycles at very affordable prices they are diverting this stream of waste away from landfill while encouraging people to take up cycling.

"The New Year discount

offer for Capital Times readers is very generous and I urge anyone thinking of taking up riding or changing their bike to visit the Cardiff Cycle Workshop. They could easily pick up a bargain with a three month warranty to boot."



• Olympic triathlete, Helen Jenkins, Andrew Burns of Cardiff Cycle Workshop and Councillor Bob Derbyshire at the workshops



News in brief

Using data to make Cardiff a truly liveable city

THE free to access public Wi-Fi services in Cardiff city centre and Cardiff Bay provides the City Council with anonymous data which can be used to help design public services - benefitting the residents of Cardiff.

This anonymous data can be used to monitor traffic and pedestrian flow, which in turn can help the Council determine locations for taxi ranks, bus stops and even the width of pavement required for a certain road.

The City of Cardiff Council is using this data to assess how well the city deals with large influxes of people and help us understand how road works, street works and even rubbish collections can affect certain areas of the city, so the Council can strategically plan and modify services for communities to make Cardiff a better place to live, work and visit.

If residents do not want to take part in this information gathering then they can simply turn off their Bluetooth and Wi-Fi function on their phone when visiting Cardiff city centre or Cardiff Bay.

Community spirit brings together young and old

STAFF and young people from North Ely Youth and Community Centre came together with older members of the community recently to hold their

annual intergenerational Christmas meal.

Over 80 senior citizens attended the event hosted by 25 youth members who served a fantastic Christmas

meal that was cooked by staff volunteers.

Assistant Community Education Officer Mike Cox said: "We've been running this event for over 15 years

and each year more and more people from the community want to come along. The members of the club pull out all the stops and can't do enough for the guests."

Entertainment was provided by some talented young singers who have been coached by Threejay, the music coach at North Ely and local singer, Tony Smith.

Guest Mrs Williams said: "The food was lovely, the young singers were excellent - in fact the young people couldn't do enough for you, they're a credit to the club and Ely. This party is one of the highlights of the year and it gives some of us the chance to meet with friends, everyone gets a present and a chance to win a prize in the free raffle. Everyone

works so hard and I think they do a marvellous job at the youth centre."

Local councillors, Sue Goddard and Jim Murphy, get involved in preparations and help out with decorations. City Council Leader, Phil Bale,

misconceptions held on both sides and we feel builds on the amazing community spirit in Ely.

"The staff are totally dedicated to supporting the aspirations of the youth members at North Ely and it is due to their hard work that so many of the young people have gone on to make successful transitions into adult life. Thanks to every person involved in the planning and running of the party and thanks to all our guests."



£4 million funding secured for Insole Court

£4 million of funding has been secured to complete significant restoration works to Insole Court.

Insole Court Trust which is partnering the City of Cardiff Council to lead the renewal project has secured the funding from Heritage Lottery Fund, Big Lottery Fund, the City of Cardiff Council, Cadw, Trust and Foundations, Corporate and private donations and community donors.

The Insole Court estate is an important part of the story of South Wales and the changing fortunes of the estate mirror the rise and fall of the mining industry in the area. The importance of the Grade 2* listed Victorian mansion, not just to Cardiff and Wales, but to the United Kingdom as a whole is signified by the award of Heritage Lottery funding at a national level.

Sir Norman Lloyd-Edwards, Chairman of the Insole Court Trust, said: "Years of campaigning by zealous residents to keep Insole

Court open developed into this scheme of massive restoration. The finished project will be a landmark not only in Llandaff but in South Wales and throughout the country. Combining history with community in such a scale will be a model for many others to follow. This joint venture with the City Council is new and exciting and will be another reason for people to visit Cardiff."

Cabinet Member for Community Development, Co-operatives and Social Enterprise, Councillor Peter Bradbury, said: "I'm delighted that this historic and much loved building will now receive the restoration works it deserves. This is a fantastic example of how co-operative working can keep non-statutory assets alive and well and serving the interests of communities at a time when local authorities are having to make tough decisions about funding in the face of unprecedented budget cuts."



Telecare

Keeping those you care about safe!

Telecare is provided by City of Cardiff Council through the Community Alarm Service

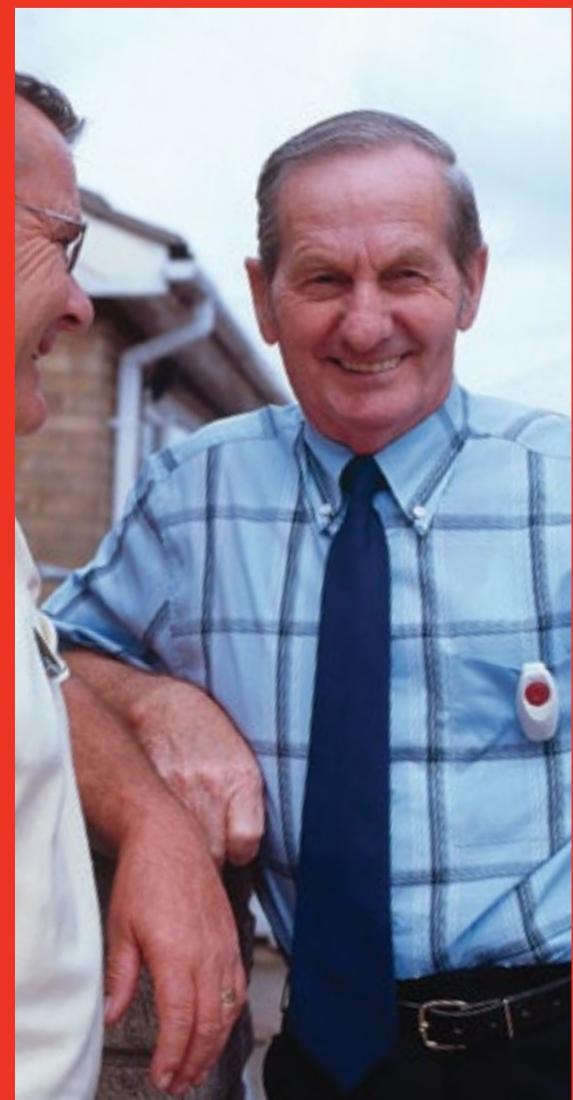
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- Specially trained with quick and efficient support
- Only service of its kind operating in Cardiff

Sign up now for the Community Alarm Service
Call 029 2053 7080 or email: telecare@cardiff.gov.uk
Contact us to find out about our New Year offers



Biodiversity Corner

Biodiversity includes all living things, and is an essential part of the natural environment which supports and enriches our lives. Each month, ecologist **Matthew Harris** takes a look at the natural world in Cardiff.

WHILE most of our wildlife is hibernating or dormant, our garden birds are very much in evidence. Fieldfare and Redwing flocks may visit looking for food, and Robins and Blue Tits are searching for future nest sites.

Birds don't hibernate like

other animals; instead they may migrate to warmer climes or move to warmer parts of the country such as the south or the coast. The rest stick it out and glean what food they can - it's all the more important to keep your bird feeders stocked up now.



This is a good opportunity to take part in the RSPB's 'Big Garden Birdwatch' on January 24 - 25. This survey is undertaken by the public and has been running continuously since 1979. The results allow yearly comparison of the species and populations of birds that visit gardens, giving an indication of how our natural environment is faring.

This is an example of 'Citizen Science' which has a vital role to play in scientific research and education. There are many projects you can get involved in, such as those coordinated by OPAL, The Open Air Laboratories network, which is a UK-wide citizen science initiative that allows you to get hands-on with nature. www.opalexplornature.org

More about wildlife next month.

Voice of Wales

THERE were many interesting and remarkable traditions and customs associated with the Christmas and New Year period in Glamorgan in days of yore. Some of the most familiar customs were the *Mari Lwyd* (the Grey Mare), *Calennig* (New Year's Gifts) and *Hela'r Dryw Bach* (Hunting the Wren).

The *Mari Lwyd* consisted of a horse's skull mounted on a pole decorated with a white sheet and colourful ribbons, carried from door to door by a group of men, who would sing jocular verses asking to be let into the house. The householders would reply by singing their own verses in turn, leading to a verbal joust of song before the *Mari Lwyd* party were eventually let in. It was considered bad luck to refuse entry to them. After being let into the house, the *Mari Lwyd* party would entertain the family in exchange for food and drink.

Local residents have tried

to resurrect the *Mari Lwyd* tradition in Pentrech in recent years.

Calennig (collecting New Year's Gifts) is another tradition specifically associated with New Year's Day. Children would go from door to door in the morning singing traditional verses called 'penillion gwaseilia' to ask for some money or other gifts, which is kind of an unrelated precursor to the current day 'Trick or Treat'. In some places, carrying a decorated apple from door to door was part of this tradition.

Hela'r Dryw Bach (Hunting the Wren) is a pre-Christian ritual that continued to the end of the 19th Century in some parts of Wales. It was mentioned by the polymath Edward Llwyd, who described how young men would carry the dead bird on a brier decorated with ribbons as a rather gruesome gift to their sweethearts on Twelfth Night. He added that those without sweethearts would take the dead wren to

other houses where beer was available.

It is possible that this is a survival of a custom of sacrificing the Wren to the god of light.

There were also many other customs and superstitions associated with Christmas and the New Year. For example, it was considered good luck if the first visitor to the house on New Year's Day was a dark-haired man, particularly if he was carrying a lump of coal, a slice of bread and coins, thus signifying warmth, food and wealth.

Another superstition that has survived until fairly recently is not washing clothes on New Year's Day. The present author's grandmother was adamant that clothes should not be washed on New Year's Day for fear of washing away all the family's good luck for the whole year!

Many of the old Christmas and New Year traditions are re-enacted at the National Folk Museum in St Fagans.

Cardiff parks giving people a chance

CARDIFF'S parks are giving increasing numbers of people a chance to gain vital experience and qualifications through an innovative work experience programme.

In the first half of the year, 23 people came through the programme which is run by the City of Cardiff Council in partnership with a range of organisations.

Nathan Hall, who has been taking part in the programme through its link with the Young People Leaving Care Scheme said: "It's helped a lot. I've learned a lot, improved my team building skills and it's given me the confidence to go out and do things myself. "I've got my general speed boat licence and my

forklift licence now and hopefully that will help me get a job in the future."

Cabinet Member for Environment, Councillor Bob Derbyshire, said: "There really are numerous benefits to this programme, which is why we've made it part of the mainstream of our work in parks.

"These opportunities provide valuable support, education and skills to vulnerable adults, children and young people which will enable them to improve their employability, develop their confidence and go on and fulfil their potential even in these difficult and austere times. They also allow members of parks staff to develop stronger links with our partner

organisations and build new skills within the service."

The partnership includes the Historic and Botanical Gardens Bursary Scheme, the Pathways to Apprenticeship Scheme administered through LANTRA (Land Training, the Sector Skills Council for Land Based Industries), the Horticultural Heritage Scheme and social enterprises including Vision 21 and QUEST.

The work experience programme has also provided tailored individual placements via the Young People Leaving Care Scheme, the Horticultural College of Nantes as well as for local pupils from a number of Cardiff high schools.



• Nathan Hall at work

Recycling is for Christmas and all year round

AS we all sit back and enjoy our Christmas presents and eat more food than can possibly be good for us, it's a good time to remind everyone that they can recycle so much of their festive waste.

Cabinet Member for Environment, Councillor Bob Derbyshire, said: 'With all our presents unwrapped, the

turkey enjoyed and sprouts still hanging around, we need everyone to remember to recycle as much of their festive waste as possible.

"Selection boxes, cards, cardboard boxes, turkey bones and advent calendars are just some of the Christmas items that can be easily recycled either in your food caddies or

green bags. Wrapping paper should not be recycled but can easily be re-used next year.

"Your real Christmas tree can also be composted. Simply remove all the decorations and place them out on your garden waste collection week. If you live in a wheeled bin area, cut your tree up and place it into your green wheeled bin. If you

live in a bag area, simply place it next to your recycling and food waste."

Our household waste and recycling centres (HWRC) can also be used for all your excess waste needs. Further details of where and when you can visit our HWRC sites and opening times are available at www.cardiff.gov.uk/christmasincardiff

with a more in-depth feature on recycling Christmas waste also available here.

Councillor Derbyshire added: "With rising Welsh Government recycling targets and severe financial penalties that cost us all if we don't meet recycling targets, it's more important than ever for

everyone to recycle as much of their waste as possible. Christmas is a wonderful time and with all the extra waste created, it's very easy to recycle the vast majority of this waste so I'd ask all residents to take a moment to find out the best way to help us all reduce, recycle and reuse your Christmas waste."

Recycling at Christmas in Wales



X9

The amount of wrapping paper estimated to be thrown away in the UK at Christmas could stretch around the equator nine times or to the moon if each sheet was laid end to end.



13,350 tonnes of glass is thrown out* – from champagne and sherry bottles to mincemeat and cranberry sauce jars.



Recycling all of them could save 4,200 tonnes of CO₂ equivalent being produced.



This is equivalent to taking around 1300 cars off the road for one year.

1 BILLION CARDS WILL END UP IN LANDFILLS



Royal Mail will deliver 150 million cards every day over the Christmas period – the equivalent of 17 for every man, woman and child in the country – but up to a billion will end up in landfills.*



400,000 Christmas trees purchased every year in Wales generating 8,000 tonnes of rubbish, that's the same weight as 25,000 reindeer



We throw out an estimated 4,500 tonnes of tin foil over the Christmas period. This is enough to cover around 1,500 square miles* - some local authorities recycle it!



50,000 trees will be cut down to produce the 8,000 tonnes of wrapping paper needed to brighten up the gifts we hand out to our family and friends.

recycle for Wales
oilych dros Gymru
www.recycleforwales.org.uk

Source:
WRAP (2007), The Ecological 2012, Unilever 2012*
Please note some of these figures are based on estimates.
**UK Waste Figures



Still time to have your say

CARDIFF residents still have a great opportunity to have their say on the future direction of recycling in the city as the Outline Waste Strategy consultation is open until January 12.

The previous waste strategy resulted in a significant change in the way recycling is collected and alongside other initiatives saw the City

Council raise its recycling rate from 39 per cent in 2009/10 to 52 per cent in 2012/13. However, since the 2011 changes, it has levelled out. Additionally, since 2011, there have been significant changes in legislation and challenging targets to meet in extremely harsh financial conditions.

Cabinet Member for Environment, Councillor

Bob Derbyshire, said: "I urge everyone to take a moment to take part in this important consultation as it is critical we road test our proposals as widely as possible as the changes will potentially make a massive difference to the city's recycling and waste collection service. We will ensure we work towards providing and improving services in this

extremely difficult financial climate whilst meeting the 2015/16 recycling target of 58 per cent and working towards zero waste in 2050."

You can access the consultation at www.surveys.cardiff.gov.uk/wastestrategy or complete a printed version available from hubs, leisure centres and libraries.

Giving nature a home in Cardiff

A wild new partnership between RSPB Cymru and the City of Cardiff Council came to the city centre recently to encourage families to abandon their shopping bags and join a hunt for creepy crawlies.

With a bug barrow full of slugs, snails and woodlice, baskets full of logs, cones, leaves and other natural objects, the Giving Nature A Home pop up nature zone tempted a stream of delighted children to spend some quality time with nature.

Cabinet Member for Environment, Councillor Bob Derbyshire, said: "Connecting children with the natural world is at the heart of the Giving Nature A Home in Cardiff partnership. Research has shown that

only 13 per cent of children in Wales have a realistic connection with nature, a figure that has worrying implications for the future of our natural world.

"Thanks to the generous funding of Tesco's through the Welsh Government's carrier bag levy, this pop up is just the start. The Giving Nature A Home in Cardiff project will deliver a programme of nature based activities for families in Cardiff's parks and green spaces and free outreach sessions to primary schools with the aim of bringing thousands of children closer to the nature on their doorstep."

For more information on the project visit: www.facebook.com/rspbcymru or @RSPBCymru on Twitter.



• The Give Nature a Home pop up zone in the city centre



Cyd Cymru / Wales Together – Looking To Save You Money!

REGISTRATION opens on January 2, 2015 for the Cyd Cymru / Wales Together latest collective energy switch!

Collective energy switching is when a large number of households come together to buy their energy and in doing so get better deals from the energy companies. Cyd Cymru aims to help as many people as possible to buy their energy more cheaply through this method. The more people who join the scheme, the bigger the savings potential for you through lower energy tariffs. The switching is a free service made easy and supported by

the Council and the Energy Saving Trust.

Cyd Cymru is a Welsh Government-funded project and last year helped households across Wales to save on average £185 per year on their energy bills.

In order to find out if you too can save money on your energy bills, you need to register with Cyd Cymru by March 1. Registration is free and carries no obligation. You can register either online at www.cydcymru-energy.com or by telephoning 0800 093 5902.

Once the registration period is closed, you will receive an

individual energy tariff offer. You will also be able to see the other best market offers at the same time, giving you the best possible choices on how much you could save before deciding whether or not to switch your energy supplier.

Don't worry if you have a pay as you go offer or prepay meter, even if there is money owing to an existing energy supplier, so it is worth registering for free and finding out what savings are possible.

Remember, it's free to switch and there is no obligation to switch after receiving the energy offers. However, if you do then choose

to switch energy supplier, you will be assisted to do so by the energyhelpline, who are there to help you every step of the way.

So beat the New Year blues, save some money, give it a go!

The Cyd Cymru/Wales Together caravan will be at the following locations in 2015:

- The Hayes, Cardiff from February 14 – 17
- King Square, Barry from February 19 – 21.

Come along and register for the next energy switch or look out for details of further Cyd Cymru/Wales Together events near you.

Celebrating Children's Rights

THE City of Cardiff Council marked the 25th anniversary of the UN Convention on the Rights of the Child in a joint event with Cardiff University's CASCADE (Children's Social Care Research and Development Centre) at City Hall.

The event brought together children's social work practitioners and students, policymakers, local councillors, academics and third sector organisations working with children and young people to celebrate Wales' achievements in realising children's rights and reflect on what needs to happen next.

Speakers included Deputy Leader and Cabinet Member for Early Years, Children and Families, Councillor Sue Lent, and Councillor Julia Magill, Cabinet Member for Education and Skills, who emphasised the Council's commitment to children's rights and to the Children are Unbeatable campaign.

Councillor Lent said: "The City of Cardiff Council is very proud to have been the first Council in Wales to sign up to the 'Children are Unbeatable' pledge to remove the defence of 'reasonable punishment'.

We know that the Welsh Government has the power to take this forward and we hope that this seminar will reinforce the need for a change in the law."

CASCADE speakers Dr Anne Crowley and Professor Sally Holland spoke on the history of children's rights in Wales and the evidence about the harmful effects of smacking on children while Marc Tilley from Cardiff Youth Council discussed children and young people's views on their rights, emphasising that children are not 'future people' but people here and now.

Tom King from Flying Start spoke about the parent nurturing programme which teaches skills to parent children in a firm, fair, kind and consistent way, challenging the use of physical punishment and cruel or negative words.

Parents who attended the course then outlined how much it had helped them be calm, positive parents and how their relationships with their children had blossomed.

To receive updates, research briefings and news of events from CASCADE, email CASCADE@cf.ac.uk or follow @CASCADEresearch on twitter

Are you prepared for flu season?

IT'S that time of year when we should be thinking of getting a flu vaccination. Flu is a highly infectious illness that can spread quite rapidly from person to person. Nasty coughs and sneezes spread germs and the virus can leave the most vulnerable people at high risk of infection.

People who should have the flu vaccination

The injected flu vaccine is offered free of charge on the NHS to people who are at risk to ensure that they are protected against catching flu and developing serious complications. It's the best way to get protected from getting flu, especially for those in the following vulnerable groups:

- Anyone over the age of 65
- Pregnant women
- Children and adults with an underlying health condition (particularly long-term heart or respiratory disease)
- Children and adults with weakened immune systems

You are eligible for an NHS flu vaccination if you are in an at-risk group. To find out if you should have the flu jab visit the NHS Direct Wales Website www.nhs.uk/conditions/vaccinations/pages/flu-influenza-vaccine.aspx

Carers

It is also important that those who are carers of older people and those who are



Scrutiny seeks views on adult mental health services

HAVE you, or someone you care for, received information, advice or assistance to help you access adult mental health services in Cardiff?

If so, Cardiff Council's Community and Adult Services Scrutiny Committee would like to hear from you about your experiences of these services.

Councillor David Groves, Chair of the Community and Adult Services Scrutiny Committee, said: "The provision of appropriate information, advice and

assistance is critical to ensuring people are able to discuss what care and support they need. It is part of ensuring people can exercise proper choice and control. We would very much like to hear from people about their experiences of and views on the existing information, advice and assistance services via our survey, which is available in hard copy at various Council buildings and on-line":

Visit

www.surveymonkey.com/r/GwybodaethCymorth

The results of the survey will be presented to Committee Members as part of an Inquiry which is seeking to make recommendations to Cabinet in May 2015.

If you would like more information about the Inquiry, please contact Scrutiny Viewpoints at scrutinyviewpoints@cardiff.gov.uk or ring Scrutiny Services on 029 2087 3506.

disabled consider asking their family doctor for a flu vaccination.

What to do if you aren't eligible for a free vaccination

You can pay for the flu vaccination if you're unable to have it on the NHS. It is available from some pharmacies, GPs and supermarkets and costs around £7.

To find out more about the dangers of flu and what medical conditions mean you are eligible for a free vaccination visit the NHS Direct Wales Website www.nhs.uk/conditions/vaccinations/pages/flu-influenza-vaccine.aspx



New cafe to support people with dementia in Pentrebane

A new café designed to support people living with dementia has opened in Pentrebane.

The monthly dementia café, run by Alzheimer's Society in partnership with the Cardiff West Neighbourhood Partnership, provides an opportunity for those directly affected by dementia to meet others in a similar situation in a safe and comfortable environment. The café takes place on the third Monday of the month between 11am and 1pm at Pentrebane Community Centre and is part of a wider initiative to create a dementia-friendly community in the area.

Welsh Government Minister for Health and Social Services, Mark Drakeford AM, met people with dementia and their carers at the official opening of the café. Representatives from South Wales Fire and Rescue Service and South Wales Police also attended the launch event that included two Dementia Friends sessions.

The sessions aim to improve public knowledge of dementia, by helping people understand

what living with the condition might be like, and the small things that they could do to make a difference to people living in their community.

As well as the new café, a Life Stories group will also meet at the community centre on a fortnightly basis. Life Stories groups are an opportunity for people with dementia to explore some of their significant memories and to reminisce and reflect in a safe space, supported by trained Alzheimer's Society staff.

Melanie Andrews, Operations Manager for Alzheimer's Society in south east Wales said: "We're delighted to be working with Cardiff West Neighbourhood Partnership to deliver these new services in Pentrebane.

Attending a dementia café can really help improve people's quality of life. They give people with the condition and their carers the opportunity to socialise with others in similar situations and receive vital support. They're also a great source of information and guidance which can help people to live well with the

condition. Through these new services we hope to reach out to more people who may not have otherwise accessed our support services and work with others to create a dementia-friendly community."

A dementia-friendly community is a city, town or village where people with dementia are understood, respected, supported, and confident they can contribute to community life.

The City of Cardiff Council is working towards becoming a dementia supportive community and is committed to developing and improving services for people living with dementia and their carers. Elected members have been signing up to become a Dementia Friend.

For more information about how you can become a Dementia Friend please visit dementiafriends.org.uk

For more information about the Life Story group sessions at Pentrebane Community Centre, or for further details about support available in the area, please contact Alzheimer's Society on 029 2043 4960.



• Isabel Wakley shares her Life Story book with Mark Drakeford AM, Minister for Health and Social Services

Capital Education...

Groundbreaking News For Pontprennau School Building

THE official start of construction of a new English-medium primary school in Pontprennau was celebrated with a groundbreaking ceremony.

The new primary school will be built on land at the rear of the community centre in Heol Pontprennau by Morgan Sindall PLC and is being developed as part of the Welsh Government's 21st Century Schools programme, with funding from the City of Cardiff Council.

Cabinet Member for Education and Skills, Councillor Julia Magill, was joined by ward members for Pontprennau and Old St Mellons, Councillor Georgina Phillips and Councillor Dianne Rees, Tom Davies, area operations manager for Morgan Sindall, members of the local community and senior members of Morgan Sindall PLC. The temporary governors for the new school were also invited as well as members of the Council's Project Design and Development team and the Education team.

Councillor Magill said, "Education is a top priority for the City of Cardiff Council and I am delighted to be present at the start of building a high quality primary school and community facilities in Pontprennau which will give a wonderful environment for teaching and learning in this community."

"This brand new school will serve the local area of Pontprennau and also ensure that areas like Llanishen, Lisvane and Thornhill are more able to meet their local demand.

"I'm delighted that work has begun on creating a school that is based at the heart of the Pontprennau community and will give our pupils in this area the best possible start to life and inspire generations of local children for years to come."

Operating as a school with community-focused facilities will enable the school and the community to have shared use of the accommodation thereby

maximising its use and occupation. It will mean there will be a reduced need to build duplicate facilities, such as a hall, allowing greater opportunity for developing more classroom space. It will also provide the potential for a greater range of facilities to be available to the community outside of school hours and during school holidays.

The 14 classroom primary school (two form entry) will have a capacity of 420 places and will accommodate pupils aged three to 11 including a nursery, which will provide 48 full time places. The new school is proposed to open in 2015.



• Councillor Julia Magill (2nd left) with Councillor Dianne Rees (left), Tom Davies, Area Operations Manager for Morgan Sindall and Councillor Georgina Phillips



• An artist's impression of the new school



• Budding young writer Carmen Sutcliffe

Literary Adventure for Cardiff Schoolgirl

A 15-year-old schoolgirl from Radyr Comprehensive School has proved that the spirit of Dylan Thomas is alive and well in Wales after winning two awards in the prestigious Prologue to an Adventure - Developing Dylan International Competition.

The creative writing competition, open to budding writers aged seven to 25, attracted over 500 entries from all around the globe and was part of the centenary celebrations of Dylan Thomas' birth.

Promising writer, Carmen Sutcliffe from Pentrech, won Best from Wales and Best Overall internationally in the 12 to 15 years age group category for her poem "The Big Bad Wolf" and was the only entrant to win both categories in her age group in the whole competition.

Prologue to an Adventure received over 500 entries from Wales and around the world, including entries from the United States, India, Australia, Pakistan, Hong Kong, Indonesia and the United Arab Emirates. Carmen was presented with her award at a Dylan Thomas prize ceremony at the Swansea Waterfront Museum.

Welcoming the win, Councillor Julia Magill, Cabinet Member for Education and Skills, said:

"Congratulations to

Carmen for winning within her age group both in Wales and internationally, it's an amazing achievement. I am delighted the Developing Dylan competition has captured the imagination of so many schoolchildren across Wales and beyond and inspired them to follow in the literary footsteps of Dylan Thomas.

"I hope this win will encourage Carmen to continue her writing and it is great to see Cardiff home-grown talent taking centre stage at such a prestigious international event."

Carmen's work will now be read and broadcast on BBC Radio Wales and BBC Wales. Her writing will also be published on both the Developing Dylan and the Dylanwad websites. She won a book token, a Kindle pre-loaded with books and a prize for her school, in the form of a masterclass from an established writer.

Carmen said: "I felt really elated and proud when I found out I'd won such a prestigious award and I couldn't believe it. One of my earliest memories is of my mum reading poetry to me and I have written poems and stories myself ever since."

"I enjoyed reading Dylan Thomas' work at our school workshop and it inspired me as it is really powerful and raw."

Carmen Sutcliffe's Winning Entry:

The Big Bad Wolf

Eyes, hungry bright
in the dark

And her, pale in
the moonlight.

Soft Skin, sweet
scent, blood

And a beating heart.

Paws, stalking through
the forest.

Her eyes can't see
The sky for the trees.

Running now. Trapped.

Fear thrums in her veins.
"What is hunting me?"

Fur, brindled and rough,
Rubs against the ground,
Flashes in the night.
Her blood cloak,
enticing and warm.

Claws click and her bones

Break. A snarl
and a scream

Meld in the dark.

Fangs flash

White, blood runs hot.

Fighting, weak now, life
blood leaking.

She whimpers.

There is no Huntsman
To save you now.



Capital Education...

Have your say on plans for new Eastern High School



A series of drop-in sessions about the development of the new 21st Century learning campus for the east of Cardiff – a state-of-the-art new building for Eastern High school with post-16 education delivered by Cardiff and Vale College (CAVC), begin on Monday, January 5.

The innovative project will see a new-build Eastern High school and Cardiff and Vale College delivered at a shared site on

Trowbridge Road in Rumney. The partnership between the City of Cardiff Council and Cardiff and Vale College will mean the provision of 11 to 16 education at Eastern High and post-16 education and training at the adjoining college. The all new development will replace the existing Cardiff and Vale College campus that is currently on the site.

As well as separate wings for the eight form of entry Eastern High school and Cardiff and Vale College, plans also include multi-use sports facilities and areas for use by the community. Design consultants Atkins have already spoken to pupils at Eastern High school to get their ideas on what the new

school will look like and further meetings with staff, students and pupils of both the school and college, as well as other stakeholders will take place over the coming months.

The drop-in sessions are your chance to find out more information and have your say on the development of the school in the run-up to the planning submission stage.

The drop-in sessions will run from Monday, January 5 to Friday, January 16.

If you have any questions or you want to let us know what you think, email us at schoolresponses@cardiff.gov.uk

Or visit www.cardiff.gov.uk/21stCenturySchools or telephone 029 2087 2720.

Drop-In Session Dates:

DATE	WHEN	WHERE
Tuesday January 6	4pm – 6pm	Llanrumney Hub
Wednesday January 7	11am – 1pm	Rumney Community Centre
Thursday January 8	11am – 1pm	St Mellons Hub
Friday January 9	10am – 12pm	Cardiff and Vale College
Monday January 12	11am – 1pm	Llanrumney Hub
Tuesday January 13	5pm – 7pm	Rumney Community Centre
Wednesday January 14	2pm -4pm	St Mellons Hub
Thursday January 15	3.30pm – 5.30pm	Cardiff and Vale College

PRIMARY SCHOOL MENU 05 JANUARY - 23 JANUARY 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
05 JAN	06 JAN	07 JAN	08 JAN	09 JAN
Ham & Pineapple Pizza Tuna & Sweetcorn Pizza Cheese & Tomato Pizza V Herby Diced Potatoes Baked Beans Sweetcorn Shortbread Fingers	Meatballs in Tomato Sauce/Gravy Vegeballs in Tomato Sauce/Gravy V Pasta Creamed Potato Garden Peas Coconut Slice/Sponge	Chilli Con Carne Vegetable Chilli V Fish Finger Wrap Tomato Ketchup Rice / New Potatoes Mixed Vegetables / Coleslaw Jelly with Fruit Cocktail	Roast Turkey Pork Sausage Quorn Sausage V Sage & Onion Stuffing Gravy Roast/New Potatoes Cabbage /Carrots Chocolate Cornflake Crisps	Crispy Golden Fish Cheese, Egg & Potato Bake V Tomato Ketchup Creamed Potato Garden Peas Strawberry Tart with Custard
12 JAN	13 JAN	14 JAN	15 JAN	16 JAN
Chicken Kiev Vegetable Nuggets V Tomato Ketchup New Potatoes Garden Peas Rice Pudding with Raisins	Pasta Bolognaise Pasta Neapolitan V Garlic Bread Green Beans Chocolate Brownie	Chicken Tikka Vegetable Tikka V Alaskan Salmon Bake Rice Creamed Potatoes Garden Peas Pancake with Ice Cream	Roast Pork / Pork Sausage Cheese & Potato Pie V Sage & Onion Stuffing Apple Sauce/Gravy Roast/Creamed Potatoes Broccoli/Carrots Chocolate Crunch Cookies	Fish Fingers Scrambled Egg & Cheesy Beans on Toast V Chipped Potatoes Baked Beans Garden Peas / Coleslaw Apple & Blackberry Crumble with Custard
19 JAN	20 JAN	21 JAN	22 JAN	23 JAN
Beef Burger Quorn Burger V Tomato Ketchup Chipped Potatoes Garden Peas Coleslaw Rice Pudding with Raisins	Chicken & Pepperoni Pasta Bake Pasta Neapolitan V Garlic Bread Sweetcorn Muesli Cookie	Chicken Korma Vegetable Korma V Crispy Golden Fish Tomato Ketchup Rice / New Potatoes Garden Peas Peach slices with Ice Cream	Roast Beef Cheese & Vegetable Pastry V Yorkshire Pudding / Gravy Roast/New Potatoes Broccoli/Carrots Flapjack	Salmon Chunks Country Vegetable Bake V Creamed Potato Baked Beans Eve's Pudding with Custard

Available every day:
Jacket Potatoes and Sandwiches
Fresh Fruit, Yogurt and Cheese and Crackers

V - indicates a vegetarian option
Your school may have requested a smaller menu selection.
Your school may have different term dates



Seafood with this mark comes from a fishery that has been independently certified to the MSC's standard for a well-managed and sustainable fishery

www.cardiff.gov.uk/schoolcatering
twitter @Cardiffschmeals



Did you know
that allergen
information is
available in your
school and at
[www.cardiff.gov.uk/
schoolcatering](http://www.cardiff.gov.uk/schoolcatering)

Capital Sport...



Another event brought to you by City of Cardiff Council www.cardiff.gov.uk or call C2C on 2087 2087



New Year is the time to get Active Cardiff!

IF you've eaten one too many mince pies, struggled to say no to another slice of Christmas cake or tucked into too much turkey, then help is at hand.

The Active Cardiff team will be taking to the streets of the city in January to help residents make their New Year's resolutions a reality.

On Tuesday, January 20 and Tuesday, January 27

the team will be outside Queens Arcade from 8.30am until 6pm to answer all your health and fitness questions.

Cabinet Member for Community Development, Co-operatives and Social Enterprise, Councillor Peter Bradbury, said: "These

roadshows are a great opportunity to find out more about the classes

available in the city's leisure centres. The team will be demonstrating some of the exciting new Group Fitness classes that are taking the city by storm so they should be a great way to kick start a fitter, healthier 2015."

Active Cardiff offers a wide range of activities at 14 leisure facilities across the city so whether you're eight or 80, super-fit or super-sluggish

there's sure to be a fun activity that works for you.

If time is in short supply, then Tabata classes could be just what you're looking for. These high intensity interval training sessions combine short periods of intense, anaerobic exercise with less intense recovery periods.

Group Power will blast all of your muscles with a high-rep weight training

workout combining squats, lunges, presses and curls with functional integrated exercises.

Group Kick offers an explosive Mixed Martial Arts cardio and strength work-out.

Themedley demonstrations will take place at 11am, 12pm, 1pm and 2pm.

For more information about Active Cardiff visit www.cardiff.gov.uk/leisure

Cardiff City FC – Cardiff City Stadium

Sky Bet Championship

Saturday, January 10 (3pm)
Cardiff v Fulham

Saturday, January 31 (3pm)
Cardiff v Derby County

Cardiff Blues - Cardiff Arms Park

Guinness PRO 12

Saturday, January 10 (2.40pm)
Cardiff Blues v Leinster Rugby

European Rugby Challenge Cup

Friday, January 16 (7.30pm)
Cardiff Blues v Femi-CZ
Rugby Rovigo

Cardiff Devils – Cardiff Bay Ice Arena

Elite League

Tuesday, December 30, (7.30pm)
Cardiff Devils v Hull Stingrays

Sunday, January 4, (6pm)
Cardiff Devils v Fife Flyers

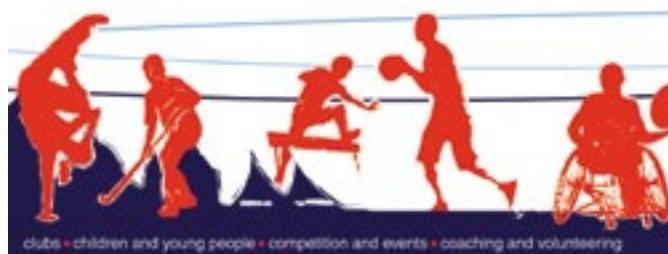
Saturday, January 10, (7pm)
Cardiff Devils v Coventry Blaze

Saturday, January 17, (7pm)
Cardiff Devils v Nottingham Panthers

Sunday, January 25, (6pm)
Cardiff Devils v Sheffield Steelers

For other sporting fixtures taking place across the city this month please visit www.sport-cardiff.com

Please note fixtures can be subject to change



sport cardiff
CARDIFF COUNCIL DEVELOPING SPORT
CYNGOR CAERDYDD YN DATBLYGU CHWARAEOedd

www.sport-cardiff.com



Capital Events...



Another event brought to you by City of Cardiff Council www.cardiff.gov.uk or call C2C on 2087 2087

New Theatre

Tel: 2087 8889

www.newtheatrecardiff.co.uk

See website for performance times and further details.

Cinderella

Saturday, December 13 – Sunday, January 18

Barry Cryer - Twitter Titters

Friday, January 23, 7.30pm

Jesus Christ Superstar

Monday, January 26 – Saturday, January 31

The Business of Murder

Tuesday, February 3 – Saturday, February 7

St David's Hall

Tel: 2087 8444

www.stdavidshallcardiff.co.uk

See website for performance times and further details.

Coppélia-Ballet

Saturday, December 27 – Monday, December 29

Swan Lake-Ballet

Tuesday, December 30 – Saturday, January 3

Professional Jiu Jitsu Invitational

Saturday, January 10, 6pm

The African Children's Choir

Wednesday, January 14, 7.30pm

First Aid Kit

Thursday, January 15, 7.30pm

Welsh National Opera Orchestra

Friday, January 16, 7.30pm

Johnny Cash Roadshow

Saturday, January 17, 7.30pm

Pomegranate Piano Trio

Tuesday, January 20, 1pm

Fernhill

Tuesday, January 20, 8pm

Paul Carrack

Thursday, January 22, 7.30pm

Frank Sinatra-The Centennial Concert

Friday, January 23, 7.30pm

Vampires Rock

Saturday, January 24, 7.30pm

Jillian Michaels

Monday, January 26, 7.30pm

Royal Welsh College of Music and Drama Symphony Orchestra

Tuesday, January 27, 1pm

Beyond The Barricade

Friday, January 30, 7.30pm

Sam Bailey

Saturday, January 31, 7.30pm

Cardiff Story Museum

Tel: 029 2078 8334

www.cardiffstory.com

Dinky Dragons

Friday, January 9, 11am - 3pm
A free family fun day for 0-5 year olds.

New Year, New You – Healthy Change 2015

Saturday, January 24, 10am – 3pm

A free community event aimed at promoting health & well-being for all the family.

Libraries

Tel: 2038 2116

www.cardiff.gov.uk/libraryevents

There are lots of activities happening in libraries across Cardiff from children's activities to live music. For details visit www.cardiff.gov.uk/libraryevents or contact your local branch.

Norwegian Church Art Centre

Tel: 2087 7959

norwegianchurchcardiff.com

The Welsh Norwegian Society monthly meetings

Third Wednesday of each month, 7.30pm. Free.

Disability Arts Cymru exhibition

Wednesday, December 3 – Sunday, January 4, 11am – 4pm Free

Julian Evans - Exhibition

Monday, January 5 – Sunday, January 11, 11am-4pm Free

The Bully Wee Band

Thursday, January 22, 7.30pm. £12
029 2087 7959

Yoga

Mondays 12.30pm - 1.15pm

Tuesdays 5.30pm - 6.30pm & 6.45pm - 8pm
For details contact: Sharon Davies 07504 475394 / daviesyoga@yahoo.co.uk

Flat Holm

Tel: 02920 877912
www.flatholmisland.com

Flat Holm offers a sense of wilderness and is the perfect family getaway. With a wealth of history and wildlife, you will be amazed at how much there is to discover. For further details: www.flatholmisland.com / 029 2087 7912.

Parks

Tel: 02922 330235
www.cardiff.gov.uk/parks

Monthly Nature Ramble at Forest Farm

Saturday, January 17, 10am-12pm

Garth Mountain Walk

Saturday, January 3, 10.30am-12pm

Bird walk around Roath Park

Sunday, January 25, 10am-12pm

Wales Millennium Centre

Tel: 029 2063 6464
www.wmc.org.uk

Disney's The Lion King

November 6 – Sunday, January 11

Top Hat

Wednesday, January 14 – Saturday, January 24

Afternoon Concert with B Tommy Andersson

Tuesday, January 20, 2pm

Ross Noble: Tangentleman

Sunday, January 25, 7.30pm

Composer Portrait: Thierry Escaich

Wednesday, January 28, 7.30pm

City & Bay Events

Email: events@cardiff.gov.uk
Tel: 2087 2087

Cardiff's Winter Wonderland - City Hall Lawn, Civic Centre

Thursday, November 13 – Monday, January 5
This festive setting, situated in Cardiff's iconic Civic Centre includes the Open Air Ice Rink and other attractions. For information on times and ticket prices visit: www.christmasincardiff.com

Calennig – Civic Centre

Wednesday, December 31 – Thursday, January 1, 9.30pm – 0.30am
Celebrate the New Year in style with music from a live DJ and midnight fireworks in the civic centre.

New Year's Day Blast - Cardiff International White Water

Thursday, January 1, 11am – 4pm

Celebrate 2015 with a blast and book a White Water rafting session – or why not try Indoor Surfing or the new attraction Air Trail? 029 2082 9970 / www.ciww.com / www.christmasincardiff.com

Cardiff Bay Water Activity Centre

www.cbvac.com / 029 2087 7977 / 029 2035 3912

Cardiff Archaeological Society Lectures

Small Chemistry Lecture Theatre (Room 1.122), Main Building, Cardiff University, Cathays Park

The Walls of Medieval Ascalon - Thursday, January 8, 7.15pm

The Walton Basin, Radnorshire: An Archaeological Microcosm of the Welsh Marches? - Thursday, January 22, 7.15pm

Cardiff Astronomical Society

Meet Thursday evenings.
Contact Dave Powell. Email: Secretary@cardiff-astronomical-society.co.uk

Cardiff Bonsai Club

Meet monthly on the third Tuesday, 7.30pm at The Scout Hall, Lake Road North, CF23 5QN.
www.cardiffbonsai.org.uk

Cardiff & District Rhondda Society

Meet monthly on the third Wednesday during term time, 10.30am
Room 8, Ararat Church, Whitchurch. For details: 02920 483321.

Cardiff Farmer's Markets

Rhiwbina, Butcher's Arms- Every Friday 10am-1pm.
Roath, Mackintosh Sports Club-Every Saturday 9.30am-1pm. Riverside, Fitzhamon Embankment-Every Sunday 10am-2pm. St. Mary Street every Saturday 11am-5pm. www.riversidemarket.org.uk

Cardiff Naturalists' Society

A series of talks and field trips covering all aspects of wildlife. For details: www.cardiffnaturalists.org.uk

Cardiff Philatelic Society

Stamps, postcards or postal history group. Meet alternate Tuesdays, 7.30pm at Llanishen Baptist Church, Fidlas Road, Llanishen, CF14 5LZ. For more information contact secretary Graham Bean on 029 2065 7941 or emailgbean@dsl.pipex.com

Cardiff Royal Naval Association

Meet monthly on the second Monday at 7.30pm at the Rumney Royal British Legion. Former and serving members of The Royal Navy and Royal Marines welcome. For details: 07926 030327 / jeffhadley@hotmail.co.uk

Cardiff U3A - Group for the retired/semi-retired

For details: www.cardiffu3a.org.uk / 07926 533693.

Conway 50+ Group

Conway Methodist Hall, Romilly Crescent, Riverside
Meet every Wednesday morning at 10.15am. Entry £2 includes tea / coffee / biscuits.

Chapter Arts Centre

For information: www.chapter.org / 02920 304400 / enquiry@chapter.org

Four Seasons

An over 60s social group for widows and widowers. Meet every Tuesday at 12.30pm. Location changes weekly, for details contact 02920 483321.

Monday Club

If you are age 50 plus and would like to make new friends come along to the weekly club at Home Guard Club, Ely at 1.30pm. Complimentary refreshments are also available.

National Museum Cardiff

For listings: www.museumwales.ac.uk / 0300 1112333.

Rhiwbina Floral Society

Meet every first and third Tuesday of the month at Rhiwbina Memorial Hall, Lon Ucha, CF14 6HL. For details: www.rhiwbinalfloralsociety.org.uk

Royal Welsh College of Music and Drama

For information: www.rwcmd.ac.uk / Box office: 029 1391 / boxoffice@rwcmd.ac.uk

Sherman Theatre

For listings: www.shermancymru.co.uk / 029 2064 6900.

Social Bridge Club

St Fagans Village Hall. Meet Wednesday evenings at 7pm. Brian@agrisgj.com / 02920 565445 / 02920 670401

St Fagans National History Museum

For listings: www.museumwales.ac.uk / 0300 1112333.

Table tennis for all

Meet Fridays at The Cardiff Community Table Tennis Club, Upper Hall of Wales Sport, Sophia Gardens 7pm-9pm. £3/£2 juniors. Roy Gibson: 01446 412352.

The Gate Arts and Community Centre

For performance information visit www.thegate.org.uk or call 029 2048 3344.

The Merchant Navy Association (Wales)

Meet monthly on the second Wednesday, 2.30pm

YOUR WARD SURGERIES

ADAMSDOWN

 **Manzoor Ahmed**
07850743355
manzoor.ahmed@cardiff.gov.uk

Surgeries:
2nd & 4th Saturday of the month
10.30am - 11.30am at Roath Library,
Newport Road.

To request a personal visit please phone or
email Councillor Ahmed.

 **Nigel Howells**
20465233
nhowells@cardiff.gov.uk

Surgeries:
1st & 3rd Saturday of every month
11am - 12pm at Roath Library, Newport Road.

To request a personal visit please phone or
email Councillor Howells.

BUTETOWN

 **Ali Ahmed**
07968165138
Ali.Ahmed@cardiff.gov.uk

Surgeries:
Every 2nd & 4th Saturday of every month
11am - 12pm at County Hall, Atlantic Wharf (in
the office to the left of reception).
Saturday street surgeries - 12.15pm - 1.15pm.

For more details contact Councillor Ahmed.

CAERAU

 **Peter Bradbury**
20591735
Peter.Bradbury@cardiff.gov.uk

 **Elaine Simmons**
20569349
Elaine.Simmons@cardiff.gov.uk

Surgeries:
January 3 and January 17 2015 10am
to 11.30am at Western Leisure Centre,
Caerau Lane.
Please contact 07973 179577 (PB) or 2056
9349 (ES) for a visit.

CANTON

 **Susan Elsmore**
2087 2020
susan.elsmore@cardiff.gov.uk

 **Ramesh Patel**
20372035
rapatel@cardiff.gov.uk

 **Richard Cook**
20567428
riCook@cardiff.gov.uk

Surgeries:
Every Saturday 10am - 11am
Canton Library, Library Street, Canton, CF5 1QD.
No appointment necessary

CATHAYS

 **Elizabeth Clark**
20630311
elClark@cardiff.gov.uk

Surgeries:
First Saturday of every month
11am - 12pm at Cathays Library, Fair Oak Road.

 **Christopher Weaver**
2039 7149 / 07909991021
Christopher.Weaver@cardiff.gov.uk

 **Sarah Merry**
07906355971 / 20372301
Sarah.Merry@cardiff.gov.uk

 **Sam Knight**
07539685806 / 2037 2783
Sam.Knight@cardiff.gov.uk

Surgeries:
1st Saturday of the month. 11am - 12pm at
Cathays Community Centre, Cathays Terrace.

All other Saturdays 11am - 12pm at Cathays
Library, Fair Oak Road.

CREIGIAU & ST FAGANS

 **Graham Thomas**
078058050812
Graham.Thomas@cardiff.gov.uk

Surgeries:
To book an appointment or arrange a house call
please phone or email Councillor Thomas.

CYNCOED

 **David Rees**
20750310
davrees@cardiff.gov.uk

 **Kate Lloyd**
20753710
klloyd@cardiff.gov.uk

 **Margaret Jones**
20758175
mjones@cardiff.gov.uk

Surgeries:
January 13th at Anatoni's, Lakeside Shopping
February 24th at the Terra Nova on the Lake
March 24th at Anatoni's, Lakeside Shopping
April 28th at the Terra Nova on the Lake.
Surgeries at Anatoni's will start at 11am while
those at Terra Nova on the Lake will start at
10.30. No appointment is necessary for either.

ELY

 **Jim Murphy**
20592411
Jim.Murphy@cardiff.gov.uk

 **Susan Goddard**
20659330
sgoddard@cardiff.gov.uk

 **Russell Goodway**
20872479
r.goodway@cardiff.gov.uk

Surgeries:
January 3 and 17, 2015 10am at Ely Day
Centre, Grand Avenue, Ely.

FAIRWATER

 **Lisa Ford**
07891518426
lisaford@cardiff.gov.uk

 **Neil McEvoy**
07966375523
nmcevoy@cardiff.gov.uk

Surgeries:
Every Saturday 11am - 12pm at
Fairwater Library.

Every 2nd Saturday 10am - 11am Fairwater
Leisure Centre.

Every 4th Saturday 2pm - 3.30pm at Fairwater
Leisure Centre.

Every Wednesday 12pm to 1pm at Pentrebane
Community Centre.

For more details contact Councillor Ford or
Councillor McEvoy.

 **Paul Mitchell**
20564637
Paul.Mitchell@cardiff.gov.uk

Surgeries:
1st and 3rd Saturday, 11am - 1pm - street
surgeries at various locations. 2nd and 4th
Saturday 2pm - 3.30pm - fixed surgeries
at Fairwater Library. Contact Councillor Paul
Mitchell for further information or to make
appointments.

GABALFA

 **Ed Bridges**
2061 4925
ebridges@cardiff.gov.uk

Surgeries:
Thursday 5th February, 6-7pm, North Star pub,
North Road

 **Gareth Holden**
07583887312
Gareth.Holden@cardiff.gov.uk
Twitter @holden_gareth

Surgeries:
To request a personal visit please phone or
email Councillor Holden.

GRANGETOWN

 **Ashley Govier**
20872631
Ashley.Govier@cardiff.gov.uk

 **Chris (John) Lomax**
20372853
Chris.Lomax@cardiff.gov.uk

 **Lynda Thorne**
20872598
Lynda.Thorne@cardiff.gov.uk

Surgeries:
Every Saturday from 10.30am at Grangetown
Library, Havelock Place.

First Wednesday of the month from 6pm at
Channel View Flats Community Room.

1st Wednesday of every month (except August)
5.30pm - 6.30pm, Maes y Coed Community
Centre or please ring for an appointment.

HEATH

 **Fenella Bowden**
20692435
fbowden@cardiff.gov.uk

Surgeries:
1st Saturday of the month, 10am - 11am
at Birchgrove School; and as advertised
within the ward

 **Lyn Hudson**
20522654 / 07900167933
lhudson@cardiff.gov.uk

Surgeries:
1st Wednesday of every month (except August)
5.30pm - 6.30pm, The Birchgrove pub.

 **Graham Hinchy**
07711026044
Graham.Hinchy@cardiff.gov.uk

Surgeries:
1st Monday of every month
5.30pm - 6.30pm, Llywlynfedw Gardens Bowling
Pavilion, Llywlynfedw Gardens, CF14 4NW.

Please ring for an appointment.

LISVANE

 **David Walker**
20765836
dwalker@cardiff.gov.uk

Surgeries:
Saturday January 17, 2015 10am - 11am,
Old School Cabin, Lisvane or to book an
appointment please contact Councillor Walker.

LLANDAFF

 **Gareth Aubrey**
20552600
gaubrey@cardiff.gov.uk

 **Kirsty Davies**
20562979
kirstydavies@cardiff.gov.uk

Surgeries:
Alternate Fridays (School term times only)

11.30am - 12.30pm at the Powerhouse,
Llanedeyrn. Contact 029 2054 9650; or

11.30am - 12.30pm at the Dome, Pentwyn,
Contact 029 2054 9033. No appointment
necessary

LLANDAFF NORTH

 **Dilwar Ali**
07734880397
Dilwar.Ali@cardiff.gov.uk

 **Susan White**
07779 354776
susan.awhite@cardiff.gov.uk

Surgeries:
2nd & 4th Tuesday of each month (except
August) - 5.30pm - 6.30pm. Llandaff North
Library, Gabalfa Avenue, Llandaff North

1st & 3rd Saturday of each month (except
August) - 9.00am - 10.00am. Llandaff North
Library, Gabalfa Avenue, Llandaff North

Surgeries:
Friday, January 23, 2015 6pm to 7pm
Marlborough Primary School, Blenheim Road

LLANISHEN

 **Phil Bale**
07581421282
Phil.Bale@cardiff.gov.uk

 **Garry Hunt**
20750382
Garry.Hunt@cardiff.gov.uk

 **Julia Magill**
20872420
Julia.Magill@cardiff.gov.uk

Surgeries:
Every Saturday 10am - 11am at Cardiff North
Labour Office, 13 Llanganog Road, Llanishen.

 **Andrew Graham**
20751364
Andrew.Graham@cardiff.gov.uk

Surgeries:
To book an appointment or arrange a house call
please phone or email Councillor Graham.

LLANRUMNEY

 **Derrick Morgan**
07967506602
DerrickMorgan@cardiff.gov.uk

 **Heather Joyce**
2036 0253
H.Joyce@cardiff.gov.uk

Surgeries:
1st Saturday of every month; and every
Tuesday 9.30am at Llanrumney Library,
Countsbury Avenue

 **Keith Jones**
07500554167
Keith.Jones@cardiff.gov.uk

Surgeries:
No appointment necessary. To book an
appointment or arrange a house call please
phone or email Councillor Jones.

PENTWYN

 **Joseph Carter**
20734659
jcarter@cardiff.gov.uk

 **Judith Woodman**
20541534
jwoodman@cardiff.gov.uk

 **Keith Hyde**
20732807
khyde@cardiff.gov.uk

 **Paul Chaundy**
20734313
pchaundy@cardiff.gov.uk

Surgeries:
Alternate Fridays (School term times only)
11.30am - 12.30pm at the Powerhouse,
Llanedeyrn. Contact 029 2054 9650; or
11.30am - 12.30pm at the Dome, Pentwyn,
Contact 029 2054 9033. No appointment
necessary

PENTYRCH

 **Craig Williams**
07843233083
CrWilliams@cardiff.gov.uk

Surgeries:
To book an appointment or arrange a house call
please phone or email Councillor Williams.

PLENYWYDD

 **Daniel De'Ath**
07581421273
Daniel.DeAth@cardiff.gov.uk

 **Mohammed Javed**
20753389
Mohammad.Javed@cardiff.gov.uk

<img alt="Councillor Mary McGarry" data-bbox="506 830 529 8